

# THE WELLNESS REPORT:

## FALL INTO HEALTHY HABITS

**BROOKFIELD CHIROPRACTIC**

VOLUME 1 ISSUE 9 SEPTEMBER 2012

### A WORD FROM THE DOCTORS

Dear patients and friends,

It's hard to believe summer is almost over and once again autumn is on its way.

Kids will be going back to school and once again families will fall into new routines.

We wanted to remind you how important it is to stay in the routine

of taking good care of yourself!

This includes exercise, eating a healthy diet, getting proper rest and relaxation, and keeping your spine adjusted and subluxation free.

Enjoy your month!

-The Doctors of  
Brookfield Chiropractic



### WHAT'S HAPPENING THIS MONTH

September 2012

Su	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- **September 6th—6:30 PM**  
Dinner With the Docs at Charcoal Grill
- **September 27th— 7:00 PM**  
Don't Fear the Fat Webinar

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### ANNOUNCEMENTS

**Save The Date!!** Saturday, October 6th 10am-1pm  
**KIDS DAY AMERICA EVENT** here at our office. A national event like no other for local families interested in health and safety. We will be announcing details soon!

**Success Stories** will be part of our reception area, get ready to share yours!

**Loyalty Program** coming soon! Stay Tuned...

## WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN SEPTEMBER ?

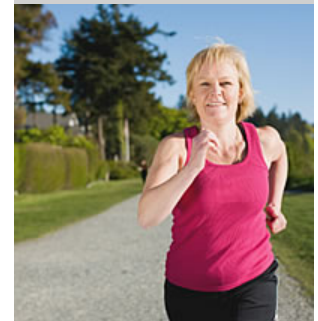
- Dr. Herrle is looking forward to fall golf, riding his bike, and losing 10 pounds.
- Dr. Christiansen is preparing his kids to go back to school and looking forward to having a fall bonfire in his backyard.
- Dr. Matzke and his fiancé Kirby are getting ready for their Sept. 8th wedding. They are also busy shopping for swimsuits for their Jamaican honeymoon.
- Dr. Schilder is busy keeping up with his garden and salmon fishing on Lake Michigan.
- Shay is looking forward to planting her fall garden and enjoying the cooler weather.
- Mary is busy getting ready for the Pedro Sauer Brazilian Jui Jitsu Seminar they are hosting on Sept. 23rd at their gym. This is a don't miss opportunity to be taught by one of the founding Black Belts in the U.S.
- Jamie is looking forward to getting settled into her new apartment that she moved into in the middle of August.
- Ashley and her husband finished renovating their new home and are getting settled. Ashley is excited to start working on her stained glass and crafts again.
- Amanda is making all of her home-made tomato sauce, ketchup, and bbq sauce from tomatoes in her garden. She is looking forward to watching the Packers win every game and curling up outside on a lawn chair with a good book.

## HEART HEALTH (THANKS, PERFECT PATIENTS)

You've heard it a million times – exercise is essential for good health, for weight loss or maintenance and for optimal mental health. An inactive lifestyle is one of the main reasons why people develop heart disease in the first place, so exercise is a critical component to maintaining a healthy heart!

When considering a heart-healthy exercise routine, it is important to keep in mind the following:

- Thirty minutes of moderate exercise is recommended everyday, or at least most days of the week. This can be broken down into three 10-minute intervals.
- Exercising with a friend helps you to maintain a regular schedule, makes exercise more "social" and can help sustain motivation.
- Varying your routine keeps your interest level elevated.
- You do not need to join a gym or invest in expensive equipment. Brisk walking, biking, swimming, skating, skiing, rowing, tennis and jogging all count as aerobic exercise.
- Remember to include a five-minute warm-up, (e.g., stretching exercises) before any aerobic activity and a five-to 10-minute cool down period following any aerobic exercise.
- Keep in mind that the best exercise is the one that makes you feel good – and is one that you are willing to repeat again and again on a regular basis.



## WEIGHT LOSS SUCCESS STORIES



"I have lost 28 pounds in 43 days along with 5 inches off my waist and 5 inches off my hips. My blood pressure is better than great and I now sleep wonderful. I wasn't hungry at all! I would recommend the plan to anyone."  
-Debbie P.

"Today is day 25 and I just hit the 25 pound mark this

morning. I feel great and my energy level is awesome."  
-Mary S.

"I have lost 22 pounds, 5 inches off my waist, 4 off my hips. I highly recommend this program, its very easy to do. I am really happy with the way it turned out for me. Give it a try!"  
-Sharon E.

### YOUR STORY HERE!!

Call today to schedule a free consult to see if you qualify for this new technology that works EVERY time when the plan is followed.

(262) 754-5500

## IN THE KITCHEN WITH DR. HERRLE:

As the name suggests, chopped salads consist of ingredients that are cut to a uniform size.

**Total prep time:** 20 min.

**Ingredients:**

- Assorted greens (lettuces, spinach)
- Tomatoes
- Corn
- Red onion
- Cucumbers
- Green peppers
- Avocado
- Black beans (drained)
- Cilantro/Jalapeno (optional)
- Salt/pepper
- Olive oil
- Red Wine Vinegar
- Lime juice

**Directions:**

The salad itself consists of about 5 cups chopped vegetables (lettuce/spinach, tomato, corn, red pepper, green pepper, cucumber and red onion) and 1 cup canned black beans, combined with 1 tbsp. olive oil, 1 tbsp. lime juice and 2 tbsp. red wine vinegar and an optional sprinkling of cilantro and jalapeno. Choose the ingredients you like and don't be afraid to experiment. You can only get healthier trying these salads.

**HEALTH BENEFITS OF GREENS**

Green leafy vegetables contain high levels of dietary fiber, magnesium, potassium, folic acid, calcium and even Omega-3 fatty acids, which serve to maintain eye health, aid in digestive regulation, increase bone strength and boost the immune system. Weight loss, cancer prevention, anti-aging qualities and even bone strength - the health benefits of leafy green vegetables are many in number.

*“Life is either a daring adventure or nothing.”*  
Helen Keller



*“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”*  
Aristotle

## WHAT IS PALPATION? (THANKS, PERFECT PATIENTS)

You may have heard us use the words “palpate” or “palpation” – but has anyone ever explained what these words mean?

Palpation is one of the most basic diagnostic tools we chiropractors use to examine the spine for the purpose of locating and reducing nerve interference. In its simplest form, it is the use of a chiropractor’s hands to touch and “feel” exactly where and how the spine needs to be adjusted. It is the first diagnostic tool a chiropractor learns in chiropractic college and the basis of the art and science of chiropractic. In fact, the very word chiropractic means, “done by hand.”

Palpation is an essential skill that improves with daily practice. Over time, a chiropractor learns to master this procedure to discover a vast array of information that is contained in body tissue. Unlike the use of other diagnostic instruments that are learned and mastered in a relatively short period, palpation provides an ongoing learning experience, as no two patients ever “feel” the same way - even the same patient doesn't feel the same every time!

Since the hands are the basic “tools” of the chiropractic profession, palpation is the very basis of the art and science of chiropractic diagnosis.

Chiropractic history is replete with stories of blind chiropractors who were extraordinary chiropractors because they had such a highly developed sense of touch!



# BROOKFIELD CHIROPRACTIC

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ADJUST YOUR MIND.  
ALIGN YOUR BODY.  
ENJOY YOUR HEALTH.



LIKE US ON  
FACEBOOK!

## OUR MISSION

Built on a foundation of teamwork and leadership, Brookfield Chiropractic brings to the community quality customer service, excellent value, and education. We have gathered a team of qualified, well-trained, and caring staff. We offer clinically skilled doctors and implemented systems through planning and hard work. Our goal is to achieve consistent quality chiropractic care to improve the health of our community. We deliver timely service in a professional manner focused on functional and structural correction to allow our practice members to live their lives to the fullest.

## TESTIMONIALS

*"I would always come back to see Dr. Herrle and Dr. Christiansen. I think they are the best two people that you will ever find to take care of you!" Emery K.*

*"Brookfield Chiropractic is the only place that I have come to and received absolute relief from my low back problems. Thumbs up for this place!" Ken W.*

*"I have had chiropractic care for years, but NEVER anything like this!"  
-Lillian R.*

## THANKS FOR YOUR REFERRALS IN AUGUST!

- Karin M.
- Nicole Z.
- Amanda K.
- Brian A.
- Kathy S.
- Meghan M.
- Jason A.
- Justin H.
- Manami O.
- Dr. Toth
- Joann T.
- Kathy D.
- Dana T.
- Danielle J.
- Tracey S.
- Dr. Dyoco
- Mary P.
- Wende W.
- Beckie B.
- Dr. Meyer
- Pete W.

## SUPPLEMENT OF THE MONTH: FISH OILS

The first thing we hear patients say is "yuk!" What it probably means is that you have tried them and maybe got the burps or they came back up on you. What we know is that most supplements available at a low price also carry low quality ingredients and processing. Quality is *essential* in a fish oil product along with the proper ratios of fats for your specific needs. It is available in capsules and in liquid form and is probably *the most important thing* you can supplement along with healthy eating habits. We have a passion for keeping you healthy and at your best, and we wanted to share why you should be taking this supplement. Read on...

### Top Reasons to Take Fish Oils:

1. For Wellness and Prevention of Disease
2. Healthy Pregnancy and Childhood Development
3. Cardiovascular Health
4. Cognitive and Emotional Health
5. Healthy Regulation of Inflammation and Pain
6. Bone and Joint Health
7. Menstrual Health
8. Skin Health
9. Immune Health and Cancer Prevention
10. Immune Health against Autoimmune Illnesses

So, do you know anyone on the planet that doesn't fit one of those reasons? We don't either...and this is why we recommend that you talk to us about which product is the best for you.

Tell your friends and families how to be healthier today with this one simple tip. We care about your health and will do anything we can to make our community a healthier one.

*Thanks for taking charge of your health and for allowing us to be a part of it.*